



Norcatur News

By the Norcatur News Committee

Sympathy is extended to the family of Lee Arnold, 88, who died at the Oberlin Hospital on March 23.

Birthdays include: Gail Bailey and Katrina Wentz, March 30; Shayla Bailey, March 31; Sam Stapp, April 1; P.T. Shirley and Matt James, April 3. Anniversaries include: Larry and Terri James, April 1.

Mr. and Mrs. Stan Miller left on Friday, March 14, for Topeka to visit Mr. and Mrs. Curt De Donders. Mr. and Mrs. Casey Tuttle of El Dorado came to join them, and the girls went to a theatre production of Cabaret. They returned home on Sunday, and Justine Tuttle came back to spend the week with her folks as her college, Emporia State University, was on spring break.

Easter weekend guests at the Stan Miller home were Mr. and Mrs. Chad Applebury, Eli and Karyssa, Colby; Mr. and Mrs. Rocky DeLano, Wichita; and Mr. and Mrs. Casey Tuttle, El Dorado. All went to Oberlin for Easter on Saturday evening with Mr. and Mrs. Gary Miller, then enjoyed Sunday dinner at the Cardinal Bar and Grill, along with Lila Rule, Clayton.

Easter visitors of Dorothy Ward were Mark and Deb Ward and Brandon, Hugo, Colo. They had been to see their son, K.J. Ward, a college student at Newton, and Debby's parents at Hillsboro.

Easter Sunday visitors of R.D. Thornton were Chris and MJ Dempewof, Sharee Dempewolf, Oberlin; Ray, Jen, Bryce, Abbey, and Issac Thornton, Hays. Lora Linn Leichter was airlifted to Hays Medical Center, at Hays on Saturday night, March 22. She is in intensive care. Her son, Rodney is there with her.

Thanks to Al and Mary Sedlmayer for donating the complete series of Harry Potter books, by J.K. Rowling, to the Norcatur Public Library.

The third annual city wide garage sale will be held on Saturday, May 10, from 8:30 a.m. to 2:30 p.m. Sign-up sheets are at the post office, bank and city building.

To place your order for the August Prairie Land Food Pak, contact Terri James, 301 S. Dexter, 693-4261; Bee Nelson, 212 N. Dexter, 693-4569; or leave your order and money at The Bank in Norcatur.

Sympathy is extended to the family of Barbara Lee Thrush, 63, daughter of Russell and Doris (Kelley) Price. She was born June 22, 1944 on the family farm in Norcatur. They lived there until 1957 when the family moved to Lakewood, Colo., where she died Feb. 28, 2008, from a long battle with cancer.

Survivors include her mother, Doris Klingensmith, Lakewood; sisters, Nancy Phetteplace and Sue Crockett; son, Douglas Thrush; daughter, Beth Thrush; and grandson, Jeffrey Thrush. Her father preceded her in death. Memorial services were held on March 2 at St. Paul's Community Church in Lakewood.

Bee Nelson accompanied Wava Reames to Wichita on March 15, to visit her son, Todd Nelson and family; grandson, Garritt; and great-granddaughter, Abigail McQueen. Bee returned to Norcatur on March 22 with Shawna and Johnny Crum of Dover, Okla.

Clason Rupp of Springfield, Mo., and Tim Rupp of Oak Grove, Mo., were guests of Beth Johnson on March 16.

Dart tournament winners: Alice Barnett, first; Renee Harman, second. Cricket tournament winners: Alice Barnett, first; Alyssa Montgomery, second. Pool tournament winners: Stan Miller, first; Larry Sumner, second; Dave Stapp, third; and Carl Lyon, fourth.

Results of the pool tournament at Cardinal Bar and Grill on March 12 were Larry Lively, first; Rocky Courage, second; Gene Gallentine, third; and Larry Sumner, fourth.

Sympathy is extended to the family of Ernest L. (Pete) Hoppes, 83, who died March 6, 2008. He was born Jan. 11, 1925, to Henry and Sarah Hoppes, in Devizes. He is survived by three sons, James Lee, Randy and Mitchell; grandchildren; great-grandchildren; and a sister, Katherine Sevens of Norton. He was preceded in death by his wife, Frankie; his parents; three brothers; and two sisters. Services were held at Aspen Mortuary in Lakewood, Colo. Memorial services and burial were at Norcatur Cemetery.

Dave and Patty Stapp and Sam, Norcatur, and Dewaine Stapp, Oberlin, went to Omaha, Friday night and stayed with Matt and Kimberly Tetrick. The group went to the home of Dave and Linda Schliep and Spencer of rural McCook for Easter dinner. Other guests were Mr. and Mrs. Duane Schliep, Denise Powell and family, Marian Thornton and Bob Dempewolf.

Raelynn and Lyndsa James spent Easter with Terri and Larry James. They all went to church and then Jamie and Matt joined them at the Cardinal Bar and Grill for Easter dinner.

Terry and Mark Cross, Olathe, have a new grandson, Dylan Lowell Cross. Dylan's parents are Ryan and Sara Cross of St. Louis, Mo. He was born March 18 and weighed 6 pounds, 7 ounces. Dylan's great-grandparents were the late Lowell

and Evelyn Sebaugh.

Mick Miller and Nancy Schmidt met their mother, Ethel Miller on the flight from Los Angeles to the Denver airport in March. She had been visiting her daughter, Sherry Pope in Orange, Calif., since September.

Senior Citizens met March 21 for cards. Winners were: Eleanor Jensen, first; Marguerite Clark, second; Gwynn Ward, third. The next meeting will be at 1:30 p.m. Friday. Come and join us!

MUSEUM TIDBITS

Rex Cozad wrote a great article in the Newssheet. If you have stories that you would like to share please be sure to send to the museum. I will be putting the articles in a binder for people to read while at the museum. What happened to you growing up that would make a good story? Help share some history.

Something new in the museum is family history. If you have any of your family's history and would like it accessible for people, please send it to the museum. I always have people in looking for genealogy. It doesn't matter if you're from Norcatur, Lyle or Clayton, we'll take it!

Don't forget the museum when making your donations. Your donations help bring Norcatur items home.

The tornado whistle will be tested on Mondays at noon during the tornado season. The whistle is an alternating blast. The siren will not be tested if there is threatening weather.

The City of Norcatur will not be having a hog roast for the Memorial Day meal. However, the Cardinal Bar and Grill will be serving a meal.

Eat smart when you dine out

Americans do enjoy dining in restaurants. In 2000, we ate out an average of five meals a week. But consumers are starting to be nutritionally smart when dining out.

More and more restaurants are providing nutritional information to help diners make smart food choices. The biggest problem is serving sizes. A description of an entree may sound healthy, but it can be a trap because of large serving sizes.

Here are some tips to help you be restaurant savvy:

- Avoid foods containing processed meats, which are high in sodium.
- Avoid fried foods and some baked goods that are high in fat.
- Ask for dressings and sauces to be served "on the side."
- Ask for toasted breads to be served plain. You can add the amount of spread you desire.
- Request more vegetables and fruits with a meal.
- Keep starchy foods plain. For example, mashed potatoes can also have cream and butter which add fat.
- Order baked, broiled and roasted foods for fewer calories.
- Beware of liquid calories, such as sugary drinks. Those calories add up fast without nutritional benefit.
- Split a meal with a friend or family member. You both benefit.
- Ask for a "to go" box when you get your meal and split the meal before you eat.
- Slow down! This helps your stomach to have time to know when it's full. Besides you're eating out. Enjoy it!

If you have questions concern-



Home Time

By Tranda Watts
Multi-county Extension Agent

ing eating out, contact your local K-State Research and Extension Office or e-mail twatts@oznet.ksu.edu.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for

Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oznet.ksu.edu. For more information, contact the county extension office, 475-8121.

Public Notice

to Residents of Oberlin

The City Water Department will be Flushing City Water Mains Thursday and Friday April 3 and 4 at approximately 10 p.m.

Please be aware that certain amounts of discoloration may appear in your domestic water supply.

Thank you for your cooperation
Gary Shike, City Administrator

'Let's go Nuts for Jesus'

By the Rev. Ray Gilstrap

Almena, Clayton and Norcatur United Methodist churches

Grace and peace to you in the name of Christ. My prayer for you today is that you will begin looking for ways to "go nuts for Jesus Christ," recognizing that: "The number one problem of the church today is numbing normality," and that, "Everything Jesus taught goes against how "normal" people see and function in the world." (Leonard Sweet)

Lately I've been reading, Jesus Drives Me Crazy, by Dr. Leonard Sweet, Earl Stanley Jones Professor of Evangelism at Drew Theological School. And this 2003 Zondervan publication will be a starting point for the sermonettes this month.

An acquaintance sent a politically motivated article about the presidential candidates, from a New York newspaper. The article was written by a journalist who was obviously prejudiced by the race, gender, generation and religious beliefs of the candidates.

The writer misquoted, or took out of context, several things supposed to have been said by the candidates. He made questionable statements about their political records and compared them with losing candidates. Then he finished by stating facts purported to be found in a particular book of the Bible, that in fact, are not to be found anywhere in the Bible.

God's Word gives us a great many instructions to live by and examples to follow. Dr. Sweet's book reminds us that "There is a world and wisdom according to normal. There is a world and wisdom according to Jesus. The world according to normal is the world that is. The wisdom of the world is "normal." People who

don't know who Jesus is are the "normal people." Disciples of Jesus are deviations. They mess up the world as it is, drawing outside the lines, thinking outside the box, resisting off-the-shelf solutions. Christians are part of the wisdom of the world that is to come."

Sweet suggests that, "If the only thing Jesus had given us was "The Beatitudes," it would flip our world upside down."

Consider a few of the things Jesus taught: The way (to be) first is (to be) last. The way of success is service. The way of attainment is relinquishment. The way of strength is weakness.

And the idea has been quoted by others over the centuries. Herman Melville wrote in Moby Dick, "Man's insanity is heaven's sense." In The Works of John Wesley, Albert Outler quotes Charles Wesley saying, "the wisdom of God" was always "foolishness with men." No marvel, then, that the great mystery of the gospel should be now also, "hid from the wise and prudent," as well as in the days of old; that it should be almost universally denied, ridiculed, and exploded, as mere frenzy, and that all who dare avow it still, are branded with the names of madmen and enthusiasts!"

Whether it be politics, education, health care or simply life in the rural communities of Kansas, I believe the only way to enjoy all that God has promised in this life, and the next, is to "Go nuts for Jesus Christ." (LS) "For the wisdom of this world is foolishness in God's sight." (1 Corinthians 3:19)



Schedule of Oberlin and area church services:

OBERLIN SACRED HEART CATHOLIC CHURCH

785-475-3103

Fr. Henry Saw Lone,

MASS: 10:30 a.m., Sunday

IMMACULATE CONCEPTION CATHOLIC, LEOVILLE

Fr. Henry Saw Lone

MASS: 8 a.m., Sunday.

SACRED HEART CATHOLIC, SELDEN

Fr. Henry Saw Lone

MASS: 5:30 p.m., Saturday

OBERLIN SEVENTH-DAY ADVENTIST CHURCH

Mike Larson

120 South East, Oberlin

SATURDAY: Sabbath School, 9:15 a.m.; Saturday Worship, 11 a.m.

JENNINGS-DRESDEN UNITED METHODIST CHURCH JENNINGS

Carrie Buhler, pastor

SUNDAY: Church School, 10 a.m.

Morning Worship, 11 a.m.

DRESDEN

SUNDAY: Morning Worship, 9:30 a.m.

PRAIRIE CHAPEL UNITED METHODIST

The Rev. Doug Hasty

SUNDAY: Church Services, 9 a.m.;

Sunday School, 8:30 a.m.

HERNDON IMMANUEL UNITED CHURCH OF CHRIST

Pastor: Dennis Brown

SUNDAY: Morning Worship, 9 a.m.

UNITED CHURCH OF OBERLIN

Pastor: Judi Stricker

109 North Griffith-American Baptist,

Disciples of Christ, Presbyterian USA

SUNDAY: Adult Sunday School, 9:30 a.m.;

Coffee: 10:30 a.m. - 11 a.m. Wor-

ship Service, 11 a.m. Choir practice every

Sun. at 9:45 a.m. Holy Communion, 1st

& 3rd Sundays. United Church Women,

2nd Wed at 2 p.m. Parish Council, 2nd

Sun. following Worship

OBERLIN COMMUNITY FELLOWSHIP (Southern Baptist)

Pastor: Fred Dycus

SUNDAY: Sunday School, 9:30 a.m.;

Morning Worship, 10:30 a.m., AWANA

Club 4-6 p.m. WEDNESDAY: Service,

7 p.m.

OBERLIN UNITED METHODIST

102 North Cass — 785-475-3067

The Rev. Doug Hasty

SUNDAY: Church School, 9:30 a.m.;

Morning Worship, 10:45 a.m. (Nursery

provided.) WEDNESDAY: Choir practice,

7:30 p.m.

CLAYTON UNITED METHODIST

Pastor: Ray Gilstrap

Almena

SUNDAY: Sunday School, 10 a.m.; Wor-

ship Service, 11 a.m.

OBERLIN ASSEMBLY OF GOD

The Rev. Royce Leitner

SUNDAY: Sunday School, 10 a.m.; Morn-

ing Worship, 11 a.m.; Evening Worship,

7 p.m. WEDNESDAY: Adult Bible study,

7 p.m.

OBERLIN CHURCH OF CHRIST

South Beaver Street - Oberlin

Bill Duncan — Phone 785-475-3259

SUNDAY: Sunday School, 9:30 a.m.;

Worship Hour, 10:45 a.m. WEDNESDAY:

Ladies Home Bible Study, 9 a.m.

ST. MARY'S CATHOLIC, HERNDON

The Rev. Galen Long

Phone 785-322-5560

MASS: SUNDAY, 8 a.m

HERNDON COVENANT CHURCH

Keith Reuther, Pastor

Phone 785-322-5316

SUNDAY: Sunday School, 9:45 a.m.

Morning Worship, 11 a.m.

Youth Group, 4 p.m.

NORCATUR UNITED METHODIST

Pastor: Ray Gilstrap

Almena

SUNDAY: Worship Service, 10 a.m.;

Church School, 10:30 a.m.

LYLE UNITED METHODIST

Carol Woodmaneee, Almena

Lyle Lay Speaker

SUNDAY: Morning Worship 8 a.m.

EVANGELICAL COVENANT CHURCH OF OBERLIN

The Rev. Heidi Wiebe

810 West Cedar, Oberlin

Office Phone 785-475-2769

SUNDAY: Worship Service, 9:30 a.m.;

Fellowship Time, 10:30 a.m.; Sunday

School, 11 a.m. WEDNESDAY: Bible

Study, 7 p.m.

LUND COVENANT CHURCH

Pastor: Doug Mason

10 miles south, 4 miles west of Oberlin

SUNDAY: Sunday School, 10 a.m.;

Worship, 11 a.m.; WEDNESDAY: Bible

Study and prayer, 7:30 p.m.

ST. JOHN'S LUTHERAN CHURCH

510 North Wilson

Pastor: Rev. Rick Langness

Secretary: Norma Unger

785-475-2333

SATURDAY: Worship, 7 p.m.;

SUNDAY: Sunday School and Bible class,

9:15 a.m.;

Divine Worship Service, 10:30 a.m.;

Holy Communion: 1st and 3rd Sundays;

KICK, 3:45-5:30 p.m. each Wednesday.

Foundations Bible Class, Thursday, 7-9 p.m.

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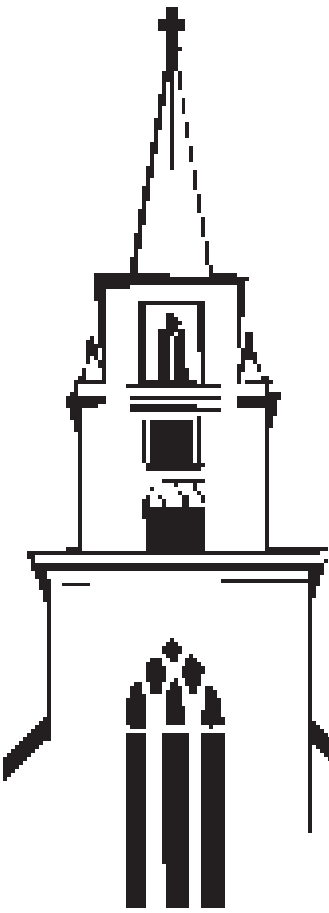
Phone:

785-475-3127 — Oberlin

785-386-4311 — Selden

Derek Riner

Rick and Dori Pauls



Cedar Living News

Fred Counter is a new resident at Cedar Living Center.

Sympathy is extended to the families of Clarence Sattler and LaVergne McClelland who passed away this past week at Cedar Living Center.

We are getting back to normal after much sickness during the past few weeks.

We no longer have signs up asking to restrict visitors, but we continue to encourage visitors to stay away if they are not feeling well or have any flu symptoms. We canceled several of our activities for a few days, but by last Wednesday we had returned to most of our normal schedule.

We received a wonderful gift this week from the Aquarius Club. Club members Megan Carter and Pam Wilson delivered a Wii to the facility on Wednesday afternoon. It came with a game package that includes

golf, tennis, bowling, baseball, and boxing. Our new maintenance man, Adrian Tadlock, is a game enthusiast so he was able to hook it up for us and give us lessons. Several residents have tried their hand at the games and it is sure to be a big hit.

Family members and friends are welcome to stop in to try it out. Recent visitors: Pastor Carrie Buhler, Jennings Methodist Church; Doyle and Kay Brown, Jennings; John Tacha, Lawrence; Paula Tadlock, Colorado; Linda Bosler, Herndon; Ann Carstensen, Portland, Ore.; Margaret Stanley, Colby; Julie Hafner, Herndon. Bob and Jo Ann Shuler, Lyle Gambelin, John and Diane Brenner, Ella Betts, Regina Stanley, Ira Kolsky, Jon and Ana Wishon, Sandy Counter, Catherine Neal, Father Henry Saw Lone, Oberlin.

Herndon News

By Voni Sattler

Sympathy is extended to the families of Wynemah Cox, Clarence "Kayo" Sattler, and Dan Swart who died last week.

Easter dinner guests of Dean and Deb Portschy, Marcus and Neil were Justin and Lori Marintzer, Hays; Jacob and Tara Marintzer, Wamego; Caleb Kastens, Ludell; Leah Sharp, Atwood; and Pete and Eileen Portschy, Greg and Rita Marintzer and Joe, Cheri Kastens and Elijah, and Isaac Marintzer, all of Herndon.

Wednesday overnight guests at the Dean Portschy home were their niece and cousin, Heather Murchie of Stockton. She is a freshman at Kansas State University in Manhattan and stopped en route to visit a friend in Benkelman, Neb. She returned to Herndon on Friday and had lunch with the Porstchys before returning home.